

“Think you can slow me down, HIV?  
Not in this lifetime.”

Yuri – Miami, FL  
Living with HIV.

# HIV TREATMENT WORKS

I refuse to let HIV get in the way of my busy schedule. I even have a cell phone app that reminds me to take my HIV meds. When I'm not working, I keep busy with boot camp, swimming, weight lifting, meditation, traveling and—oh yeah—karaoke. I know that the more control I have over my HIV, the less power I give to the virus. I take control by taking my HIV medication every day.



Get in care. Stay in care. Live well.  
[cdc.gov/HIVTreatmentWorks](https://cdc.gov/HIVTreatmentWorks)